

# Sac and Fox Nation’s Recycling Progress Over Last Two Years

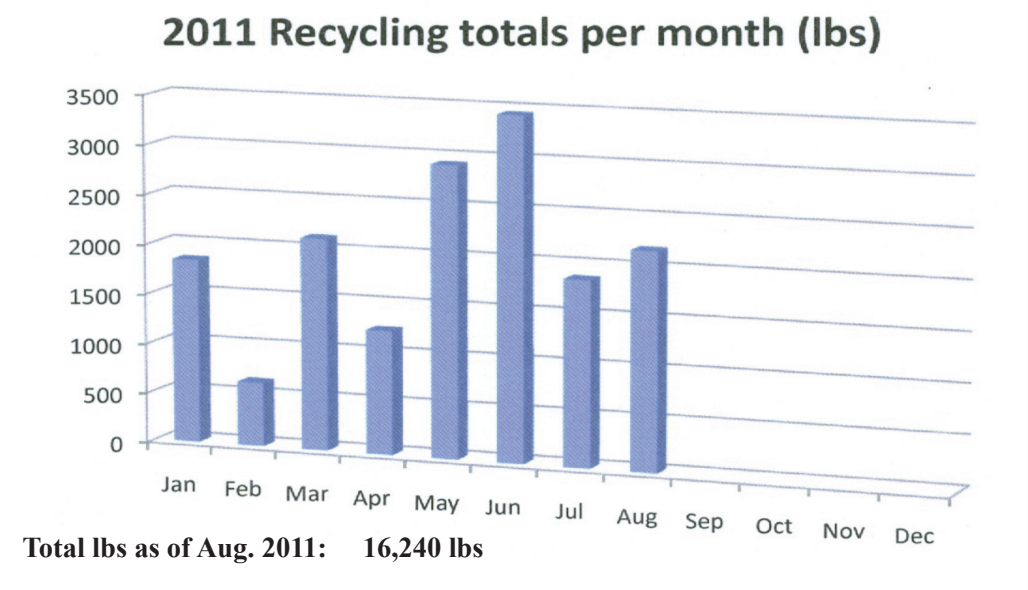
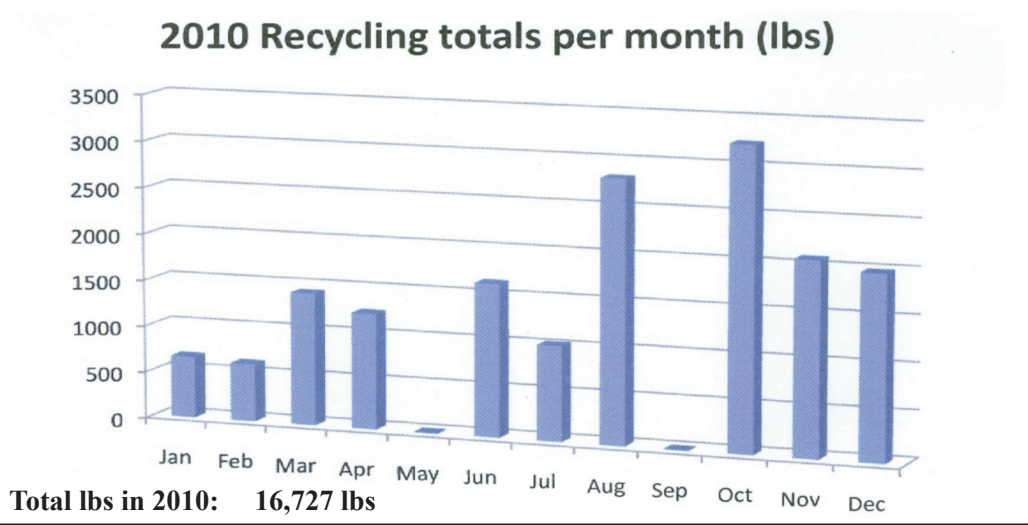
Andrew Anderson Environmental Technician

Hello!  
This is Andy, the Environmental Technician from the Office of Environmental Services department. I know it may seem that you haven’t seen me around much and our recycling efforts have been slow. This is partly due to my attention on other programs, but we are seeing a gradual rise in our collection numbers.  
I’m writing this article in hopes that we don’t become discouraged about recycling. It will always be a necessity. And the more we help out, the better chance we have at fighting pollution. We may think pollution does not affect us and is a long way off, but it is already all around us and becoming a bigger problem day by day.

In the remainder of this year and into the next, I will spend more time on raising the awareness of the benefits in recycling. Starting this month and each month hereafter, I will include an updated recycling progress chart for 2011 and have it in the paper to view. This month in particular will have 2010 as well, simply for comparison. Keep in mind while comparing the last two years that there are still four full months left this year. Though we may already know the benefits, we just need some motivation. So, I will try hard to have articles in the Sac and Fox newsletters and possibly posters hanging around to motivate and encourage our need for recycling. Thank you very much.



Also, we recently purchased new recycling bins to be placed in all the buildings. While picking up recycling during the week I have noticed some trash being placed in the bins. The idea of the new bins was to make them stand out from the trash receptacles. And hopefully noticing them will help remind us that we could be recycling rather than throwing material away.



September 2011 SAC AND FOX NATION FOOD DISTRIBUTION PROGRAM						
STROUD WAREHOUSE (918) 968-3030			1-800-256-3398			
SHAWNEE OFFICE (405) 395-0063			1-866-622-2310			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	2 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	3
4	5 CLOSED FOR LABOR DAY	6 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	7 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	8 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	9 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	10
11	12 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	13 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	14 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	15 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	16 SHAWNEE 8:30-2:30 LITTLEAXE 10:00-12:00 WAREHOUSE 8:30-2:30	17
18	19 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	20 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	21 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	22 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	23 SHAWNEE 8:30-2:30 PERKINS 10:00-2:00 WAREHOUSE 8:30-2:30	24
25	26 LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	27 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	28 LATE NIGHT SHAWNEE 8:30-6:00 WAREHOUSE 8:30-2:30	29 CLOSED FOR INVENTORY	30 CLOSED FOR INVENTORY	



Sac and Fox Little Miss, Kilee Jones, shows off the “Sequoyah Book Awards” display at the Sac and Fox Nation National Library. Kilee volunteered her time this summer to help in the Library. (staff photo)

## Sequoyah Book Awards Summary

The Sequoyah Book Awards program encourages the students of Oklahoma to read books of literary quality. Masterlists are released by the Sequoyah Reading Teams in the spring so that schools and libraries can order the books early. The new masterlists are ready for promotion in May, and should be promoted from May to the following April. Students in grades 3-5 who have read or listened to at least three titles from the Children’s Masterlist are eligible to vote for the Children’s Sequoyah Book Award. Students in grades 6-8 who have read or listened to at least three titles from the Intermediate Masterlist are eligible to vote for the Intermediate Sequoyah Book Award. Students in grades 9-12 who have read or listened to at least three titles from the High School Masterlist are eligible to vote for the High School Sequoyah Book Award. Students vote for a favorite title in February and March, and ballots should be submitted to the Oklahoma Library Association before April 1 each year. Winners are announced in April, and the winning authors are invited to award presentations at the Oklahoma Library Association’s annual conference the following spring. Students are encouraged to attend the award presentations. Reservation forms will be available on the Sequoyah website prior to the conference. <<http://ola.oklibs.org/organization/committees/sequoyah/2009winners.htm>> The books on the Sequoyah Masterlists are selected by the Sequoyah Reading Teams. Criteria for selection include: published three years prior to the award date, author lives in the United States, originality, literary quality, interest, appeal, and developmentally appropriate for the designated age level. The masterlists are not intended to be an automatic recommendation of the books. Since selection policies vary, please apply your specific selection criteria to each title and purchase those titles that best meet the needs of your library or school. It is not the intention of the committees that every student must read every book on the masterlists. Kathy Platt Library Director Sac and Fox National Public Library

## New Library Cards Now Available

The Sac and Fox National Public Library is issuing new library cards to its patrons. Our new Apollo system is up and running and you can now access our catalog from home to reserve books and DVDs. Stop by and pick up your new cards today! The winners of the Summer Reading Program are official. Erin Riley was the winner in the High School division, followed by Erin Walker. In the Middle School division, Kiley Jones took first place, followed by Cherokee Brown. In the Elementary division, Maxx Williams finished in first place, followed by Dre Evans and Cayton Gibson. Thanks to all who participated. We have lots of new books and DVDs and more on the way. Also, we still have VHS tapes and paperback books for sale. *Come check us out!*

## Real Solutions Weight Loss Group

A weight loss class for individuals who are ready to take action! The group setting will help you find support with others who will share your journey. A healthy lunch will be served for your convenience.

The class will be a 6 week series and limited to only 9 individuals. Please only sign up if you can commit to the full 6 week course. Each participant will get a “Real Solutions Weight Loss Workbook.” They will be expected to bring the book back each week. Participants will be expected to keep food records and a goal sheet.



You will learn about:

- A 2 week Wash-out meal plan intended to help you get the addictive foods out
- Why diets do not work in the long term and what is keeping you from success
- Balanced nutrition and exercise principles
- Goal setting and keeping on track with food records
- Reducing temptation and breaking behavior chains
- Dealing with emotional eating

Dates: Wednesdays, September 21 to October 26  
Time: 11:30 am - 12:30 pm

To sign up, contact Erica Dean at 918-968-9531 x 203 or via email at [erica.dean@ihs.gov](mailto:erica.dean@ihs.gov).

